

**Newsletter January 2025**

Dear parents and students,

**I hope everyone enjoyed** a lovely Christmas break and are now looking forward to an exciting year ahead.

**Congratulations** to everyone who graded in December. Well done!

**In addition** to the usual grading courses, we are running our Annual Open Squad session and selections on Saturday 1st February for students’ green belt and above. This is a great chance to train alongside the squad athletes and even try for a place on the squad. Further details are on the website: [www.sekf.co.uk](http://www.sekf.co.uk)

#### Saturday grading course for all students

There will be a special grading course on **Saturday 11th January** to be heldat New Milton Health & Leisure Centre, (Gore Road, New Milton. BH25 6RR)

This course will be aimed at learning the new kata for your next belt (or tag) and is important if you wish to grade in March.

 White & Red belts: - 10.00am – 11.00am

 Yellow and Orange tag: - 11.00am – 12.00pm

 Orange belt to blue tag. - 12.00pm – 1.00pm

 Blue belt and above. - 1.00pm - 2.00pm

### Advanced Course

There will be an advanced course **on Sunday 12th January** for students’ blue belt & above and Squad members to be held at New Milton Health and Leisure Centre. (Gore road, BH25 6RR). This course will cover some exciting, advanced work including advanced Kata and knife defences.

**Time:** 10.00am – 12.00pm **Cost:** £18.00

Please make payment to the SEKF – Account: 03807886 - Sort Code: 20-96-96

**If you would like further private tuition** for the forthcoming grading in March, please do not hesitate to organise a date/time with Sensei Danny.

**Sensei Collin -**  07966 303 585 **Sensei Danny** - 07813 329 710

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